

LUNCH MENU

# ADD A STARTER £3.29

Chicken Goujons +0.70 With BBQ sauce (429kcal)

Tomato Soup (V) With garlic herb croutons (220kcal) **Breaded Mushrooms** With BBQ sauce (442kcal)

74 BBQ Seasoned Potato Wedges (Ve)

With your choice of '74 sauce (397kcal without sauce)

Garlic, Cheddar Cheese & Mozzarella Pizzette (V) (67lkcal)

# **MAINS UNDER £8**

Monday to Friday 12PM - 5PM

## 74 Classic Beef Burger

4oz\* beef burger in a brioche-style bun with lettuce, tomatoes, red onion and burger sauce. Served with skin-on chips (760kcal) Double up your burger +1.99 (+223kcal) Add a cheese slice (V) +0.49 (+83kcal) Add oak-smoked bacon +0.99 (+63kcal)

74 Classic Plant Burger (Ve)

GARDEN GOURMET® Sensational™ Burger in a brioche-style bun with lettuce, tomatoes, red onion and burger sauce. Served with skin-on chips (737kcal)

Double up your burger (Ve) +1.99 (+224kcal) Add a Violife slice (Ve) +0.49 (+57kcal) Add THIS™ Isn't Bacon (Ve) +0.99 (+58kcal)

## Chargrilled 5oz\* Gammon Steak

With a fried egg (+108kcal), or pineapple ring (+22kcal), triple-cooked chips and peas (640kcal)

Double up your gammon steak +2.99

Add our '74 Honey & Mustard Glaze (V) +1.99 (+I39kcal)

## Steak, Egg and Chips

4oz\* rump with a fried egg, served with skin-on chips and peas (59lkcal)

## Beer-Battered Fish & Chips§\*\*

With triple-cooked chips, garden peas and tartare sauce (933kcal) Upgrade to haddock<sup>§\*\*</sup> +2.99 (967kcal)

## Beef Lasagne

Served with a chopped salad (505kcal) Add garlic flatbread (V) +0.99 (+196kcal)

## Butternut Squash, Spinach & Ricotta Lasagne (V)

Served with a chopped salad (48lkcal) Add garlic flatbread (V) +0.99 (+196kcal)

## House Salad (V)

Cos lettuce, red peppers, cucumber, mixed fresh tomatoes, sweetcorn, garlic herb croutons (I32kcal)

Add your choice of dressing: Our '74 honey & mustard (V) (+186kcal), reduced-calorie Caesar (V) (+II0kcal) or French dressing (Ve) (+87kcal)

## Topped with your choice of:

Grilled chicken +1.99 (+155kcal) Grilled halloumi (V) +1.99 (+352kcal)

## Smothered Chicken Melt

Topped with BBQ sauce, cheese and oak-smoked bacon. With skin-on chips and slaw (717kcal)

Double up your smothered chicken for 4.99 (+388kcal)

### Chicken Flatbread Sandwich

Grilled chicken breast, mayo, lettuce and tomato, served with skin-on chips (80lkcal) Add oak-smoked bacon +0.99 (+63kcal)

ALL 7.99

## FOR A LITTLE EXTRA

#### Steak Flatbread Sandwich +1.00

4oz\* rump steak with fried onions, mayo, lettuce and tomato, with skin-on chips (82lkcal)

Upgrade to a 4oz\* Sirloin +0.99 (815kcal)

#### Panko-Coated Chicken +1.00 Schnitzel

Topped with salsa verde<sup>§</sup>, grated Parmesan and a fried egg. Served with skin-on chips and rocket (I,047kcal)

### 8oz\* Rump

Served with skin-on chips and garden peas (643kcal)

Upgrade to an 8oz\* Sirloin +1.99 (643kcal)

## Chargrilled Chicken Makhani Curry

With white fluffy rice, a poppadom and mango chutney (640kcal) Add a naan bread (Ve) +0.99 (+191kcal)

## ADD A SIDE £2.99

Beer-Battered Onion Rings<sup>§</sup> (218kcal) Chopped House Salad (Ve) (42kcal)

# ADD A DESSERT £3.29

## Vanilla Ice Cream (V)

Drizzled with your choice of chocolate (298kcal), caramel (299kcal) or raspberry (286kcal) sauce Want to make it vegan? Just ask! (Ve) With your choice of chocolate (359kcal) or raspberry (347kcal) sauce

## Warm Chocolate Brownie (V)

With vanilla ice cream and chocolate sauce (620kcal)

## Caramel Apple Betty (V)

Served with your choice of custard (39lkcal), vanilla ice cream (36lkcal) or whip of cream (350kcal)

Biscoff® Sundae (V) (609kcal) Want to make it vegan? Just ask! (Ve) (626kcal)

### Italian Lemon & Raspberry Semifreddo (Ve)

Frozen mousse on a biscuit base (428kcal)

## **UNLIMITED REFILLS**

Coca-Cola Zero Sugar

Diet Coke

(Ikcal)

Fanta Orange Zero

Schweppes Slimline Lemonade (9kcal)

Coca Cola.

+1.00





Adults need around 2,000kcal a day

Don't worry, we know there are allergens in our food that we need to tell you about, so please let your server know if you have a specific allergy or would like more information about our dishes. Menu descriptions may not list every individual ingredient, please ask for more information. Ingredients can occasionally be substituted or changed at short notice, so please review the allergy information on the website at the time of your visit and ask your server when you arrive. (V) Suitable for vegetarians. (Ve) Suitable for vegetarians. Our vegan dishes are made to a vegan recipe, but we cannot guarantee that they are suitable for those with MILK or EGG allergies. \*Approximate weight uncooked. \*\*May contain small bones or shell. \*May contain traces of alcohol. Fish, meat and poultry dishes may contain bones. Terms & conditions: The Daytime Saver Menu is available Monday - Friday (2pm-5pm, excluding Bank Holidays. It is not available in conjunction with any other offer and is subject to availability. Offers, vouchers, discounts or promotions (including the Whitbread discount card) cannot be used in conjunction with this menu; however, it can be used with loyalty points-based vouchers, but not loyalty celebratory offers. Images are for illustrative purposes only. The calories provided are based on the average serving size for the whole dish or drink as detailed on the menu, unless otherwise stated. We ensure that the calorie information provided is as accurate as possible and correct at time of printing, however, some product variation may occur. GARDEN GOURMET® - Reg. Trademark used in agreement with the Trademark owner. Ingredients are occasionally substituted or changed, which may affect the calorie information. calorie information.

Seafood with this mark certified sustainable fishery. www.msc.org. MSC-C-55716

